

## *Influenza*

- A respiratory illness caused by a virus.
- Spread by coughing and sneezing.
- Symptoms include fever, headache, tiredness, cough, runny or stuffy nose, and sore muscles.
- It is important to get flu vaccine every year, especially if you have asthma, diabetes, or other on-going health problems.

## *\*Measles-Mumps-Rubella (MMR)*

### *Measles*

- An infection caused by a virus.
- Spread by sneezing and coughing.
- Causes a skin rash, cough, sore eyes, and high fever.

## *Mumps*

- A disease caused by a virus that affects the neck and jaw.
- Spread by sneezing and coughing.
- Causes fever, headache, and swelling under the jaw.

## *Rubella (German measles)*

- A rash caused by a virus.
- Spread by coughing and sneezing.
- If you are pregnant, you can pass rubella to your unborn baby.
- Causes fever, skin rash, and soreness or swelling in the joints.

You need two shots of the MMR vaccine if you have not already had them.

If you have health problems or will be travelling outside the United States, you may need other vaccines to keep you healthy.

## More information

Contact your doctor, your local health department or DPHHS Immunization Program

For more information contact:

Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov/nip](http://www.cdc.gov/nip)

Immunization Action Coalition  
[www.vaccineinformation.org](http://www.vaccineinformation.org)

Vaccine Education Center  
[www.chop.edu/vaccine](http://www.chop.edu/vaccine)

Montana Department of Health and Human Services  
Immunization Program  
406 444 5580  
[jgedrose@mt.gov](mailto:jgedrose@mt.gov)



# Are You 11-19 Years of Age?



## Teens and Immunization

Vaccines indicated by \* are required for school attendance

Can you imagine missing your first school dance, an important recital, or a big basket ball game because you were feeling too sick to go? What if there was a way to prevent some illnesses? There is! Getting all of the recommended vaccines for your age will protect you from many serious diseases. With them, you probably will not miss your big day.

### *Hepatitis B*

- A virus that can cause different kinds of liver disease including cancer.
- Spread by blood and other body fluids.
- Symptoms may include yellow eyes and skin, tiredness, loss of appetite, and nausea.
- Some do not know they have it but can pass it on.

You need three shots of hepatitis B vaccine, if you have not already had them.

### *Meningococcal (Meningitis)*

- An illness caused by bacteria that affects the brain and spinal cord.
- Spread through saliva usually from sneezing, coughing, kissing, and sharing food and drinks with an infected person.
- Places where people are in close contact, such as dormitories, make it easier for the bacteria to spread.
- Common early symptoms include fever, headache, confusion, and stiff neck.
- You need this vaccine if you are 11-12 years old, entering high school, or a college freshman living in a campus dorm.

### *Human Papillomavirus (HPV)*

- A virus that causes genital warts and some types of cervical cancer.
- Three shots of HPV vaccine are recommended for girls 11 years of age and older.

### *\*Tetanus-Diphtheria-Pertussis (Tdap/Td)*

#### *Tetanus (Lockjaw)*

- A disease caused by bacteria.
- Tetanus bacteria are usually found in soil and enter the body through a cut or wound.
- Can make you unable to open your mouth or swallow, and causes painful tightening of the muscles.



#### *Diphtheria*

- A disease caused by bacteria.
- Spread by coughing or sneezing.
- Can make you unable to breathe or move body parts.

### *Pertussis (Whooping cough)*

- An infection of the respiratory system.
- Spread by droplets from coughing, sneezing, or close contact with an infected person's nose or mouth.
- Causes coughing and choking making it hard to eat or breathe.
- Symptoms can last for up to four months.

You need one Tdap booster and after that, one Td every 10 years for the rest of your life.

### *Varicella (Chickenpox)*

- Caused by a virus called varicella zoster.
- Spread by coughing, sneezing, and even talking.
- Causes an itchy skin rash all over your body.
- You will not be able to participate in activities for at least one week.
- If you have not had chickenpox, you need two shots of the vaccine.